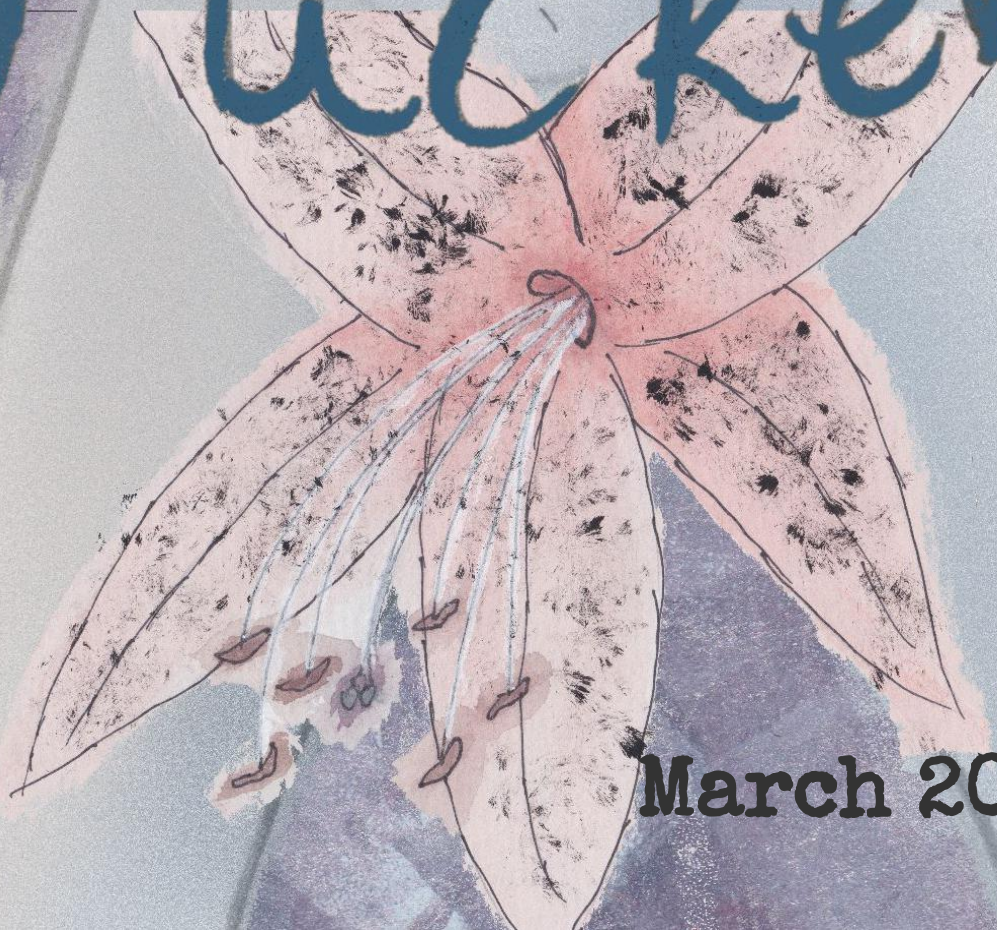


That Plant Fucker



March 2020

Ostara Blessing

By the butterfly
We flutter in joy
Bask in beauty
Mother as maiden again

By the hare
We multiply our blessings
Nourished by cinquefoil
Birth of new compassion

By the dragon
We grow in protection
Strength of winter endurance
Nothing can diminish us

Plantain Herb: The Apocalypse-Aid

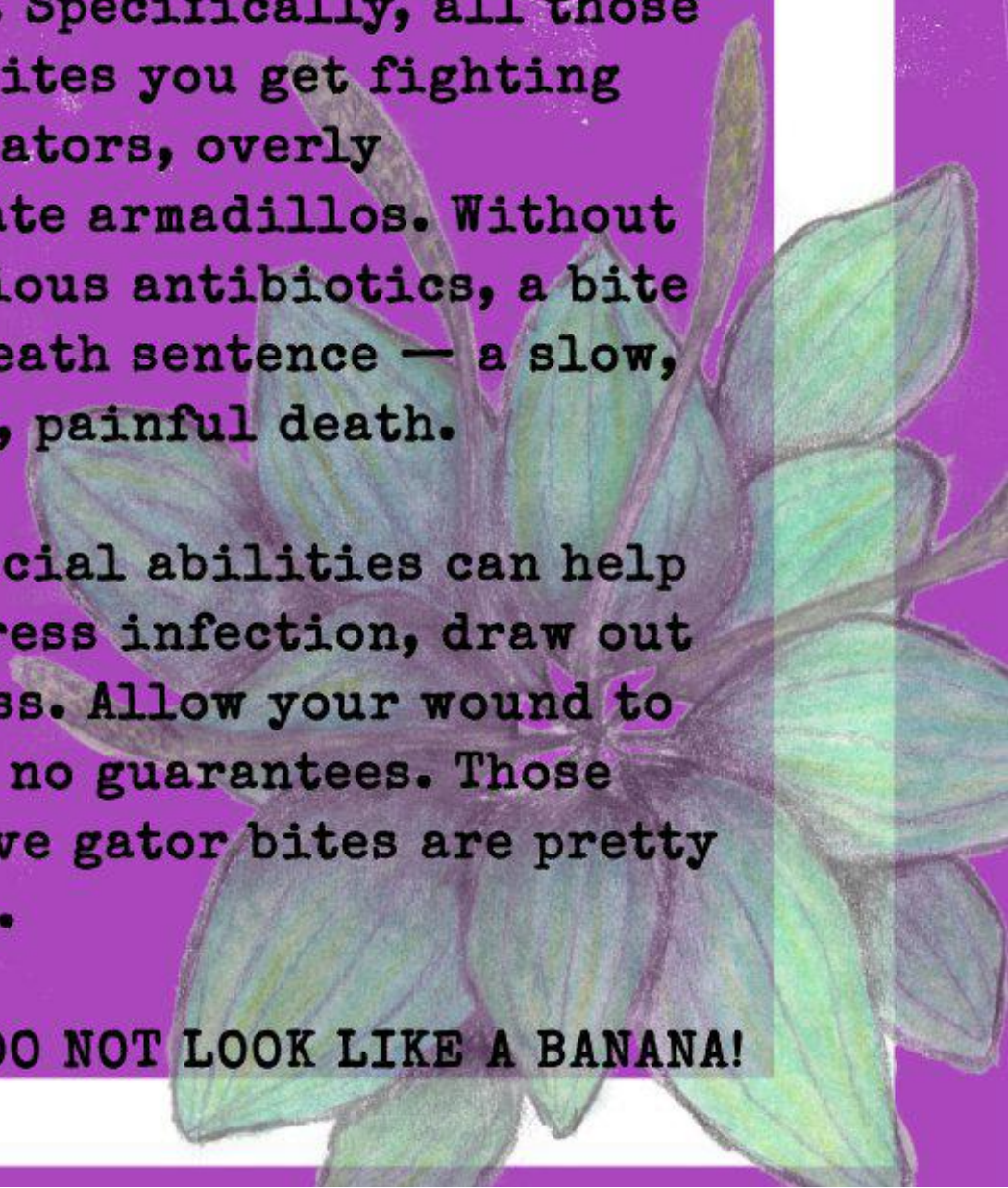
When the apocalypse comes, and you are still alive to see its aftermath, think of me as your buddy.

What will be your primary danger post-apocalypse? Eaten by zombies? Eaten by rabid radioactive gators? [can gators even get rabies? Maybe it's more metaphorical rabidness]

No, your primary danger is infection. Specifically, all those cuts and bites you get fighting zombies, gators, overly affectionate armadillos. Without your precious antibiotics, a bite can be a death sentence — a slow, lingering, painful death.

But my special abilities can help you. Suppress infection, draw out putrid puss. Allow your wound to heal. But, no guarantees. Those radioactive gator bites are pretty poisonous.

And no, I DO NOT LOOK LIKE A BANANA!



Plantain Salve

- 2 cups fresh, unsprayed plantain leaves OR 5-8 rounded tablespoons dried
- 1 cup carrier oil such as olive, coconut, or avocado
- 1 ounce beeswax by weight
- 36-72 drops tea tree or lavender essential oil [optional]

If you're using fresh leaves, start with step one. If you're using dried leaves, start with step three.

1. Harvest your leaves on a dry, sunny day. Clean with a dry cloth. Arrange leaves in a single layer on a towel-lined surface and allow them to air dry for 2-3 days until they are dry and crisp.
2. Coarsely chop the leaves.
3. Place ground leaves in a clean, dry pint mason jar and completely cover with oil.
4. Cover the jar with a lid. Place a kitchen towel in the bottom of your crockpot and place your jars inside. Add enough water to cover about half the jar and set to the lowest setting possible. Leave the slow cooker uncovered and allow the oil to infuse for 2-6 hours, adding water if needed. Periodically give it a shake.
5. Strain the oil through cheesecloth or a fine mesh sieve. Let the oil sit for several hours. If there is any water in the oil (from the plantain leaves) it will collect in the bottom of the jar. Use a turkey baster to siphon the infused oil off the top, leaving the water behind. Or carefully pour the oil off the top.
6. Gently heat the beeswax in a double boiler. When melted, add the plantain oil while taking care not to pour in any water. Stir until mixed. Add essential oils after the mixture has cooled a bit.
7. Pour your salve into a clean, dry container and cool.

Rant

What is there to rant about? It's Spring! Longer days, life-giving rain, warmer weather. Sure, for me it's also allergy time and an ominous foreshadowing of summer hell.

But those are my problems, not Spring's. It's new beginnings, sweeping out the old. Fresh starts tied to the rhythm of the seasons, not like that contrived New Year's custom.

Shameless plugs



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For printed copies, email me at
wonderfullife2012b@gmail.com

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